

21 Days of Fasting & Prayer...6-26 January 2013

Types of food included in this Daniel fast:

- Vegetables, preferably fresh or frozen vegetables. Vegetables such as potatoes, beans, and soybeans will help provide substance. Fresh or frozen vegetables are recommended. If canned vegetables are desired, use sodium free or drain and wash prior to cooking. Individuals who have an intolerance to beans should substitute with soy products.
- It is advisable to take a multi-vitamin/mineral supplement during the fast (1 per day). You may also include various nuts to serve as a protein supplement.
- Whole Grains: Brown Rice, Oats (including Oatmeal), Barley and Pasta
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Oranges, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon (Limit your intake to 2 citrus fruits per day i.e. lemons, limes, grapefruits and oranges)
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Collard greens, Turnip greens
- Seeds, Nuts, Sprouts
- Olive Oil, Seasonings and Spices
- Liquids: Spring Water, Distilled Water, Soy Milk, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (apple juice, orange juice, grapefruit juice, cranberry juice, etc.) (no sweetened drinks or sweetened fruit)

Maintain portion control refer to the USDA Food Pyramid on www.mypyramid.gov for the recommended number of servings per day. (For example, limit fruits or vegetables to 7-10 per day and nuts to 12-15 per meal). Do not eat 10 oranges for breakfast when you would normally eat only one.

Foods not included in this Daniel fast:

- Sugar, sugar substitutes and sugar products (desserts, soft drinks, etc.)
- Table or Box Salt
- Drinks including caffeine (coffee, tea, etc.)
- All bread, enriched grains, and white rice
- Meats: red meat, fish, poultry, seafood, etc
- Dairy products: Milk, Cheese, Butter, Eggs, Yogurt, Cream (soy, rice, almond and hemp substitutes are ok)
- Fried Foods
- Margarine, Shortening, High Fat Products

Water: Drink 6-8 glasses of water daily throughout the fast. This is very important.

Side effects: You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities. You may need to take Advil or aspirin. If your doctor has advised against Advil or aspirin, please contact your doctor for an alternative.

Important exceptions: Use your discretion along with the advice of your physician and prayer to modify the Daniel fast to adhere to your medical needs. Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor before proceeding. Also, if you have extreme difficulty with the fast, such as impairment of your ability to work at your job, you will have to make adjustments. Utilize wisdom. Seek the Lord and discuss it with other Christians involved in the fast to find alternatives.

“God’s kingdom isn’t a matter of what you put in your stomach . . . It’s what God does with your life as he sets it right, puts it together, and completes it with joy. Your task is to single-mindedly serve Christ.” (Romans 14, The Message)

Tips above taken from <http://www.concorddallas.org/index.cfm/pageid/1429/index.html>

Fasting & Prayer Calendar

Isaiah 58:6-9 (NLT): ⁶“No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. ⁷Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. ⁸“Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the *LORD* will protect you from behind. ⁹Then when you call, the *LORD* will answer. ‘Yes, I am here,’ he will quickly reply.

- 📖 Day 1 - Sun, 6 Jan - **Key Verse:** Matthew 6:33 **Prayer Point:** teach me to seek you first in all things
- 📖 Day 2 - Mon, 7 Jan - **Key Verses:** Psalm 51:1-12 **Prayer Point:** purify my heart and motives
- 📖 Day 3 - Tues, 8 Jan - **Key Verses:** Psalm 101 **Prayer Point:** shield my eyes/ears from unrighteousness
- 📖 Day 4 - Wed, 9 Jan - **Key Verses:** James 3:1-12 **Prayer Point:** tame my tongue & train it to speak life
- 📖 Day 5 - Thurs, 10 Jan - **Key Verses:** Romans 12:1-2 **Prayer Point:** transform my mind/thoughts
- 📖 Day 6 - Fri, 11 Jan - **Key Verses:** 1 Corinthians 13:1-7 **Prayer Point:** show me how to love unconditionally
- 📖 Day 7 - Sat, 12 Jan - **Key Verse:** 1 Timothy 1:2 **Prayer Point:** grant me peace for things beyond my control
- 📖 Day 8 - Sun, 13 Jan - **Key Verses:** Psalm 37:7-9 **Prayer Point:** help me be patient when I'm ready for change
- 📖 Day 9 - Mon, 14 Jan - **Key Verses:** 2 Timothy 23-26 **Prayer Point:** cause me to be kind whether others deserve it or not
- 📖 Day 10 - Tues, 15 Jan - **Key Verses:** Philippians 2:3-11 **Prayer Point:** remind me to be good to others
- 📖 Day 11 - Wed, 16 Jan - **Key Verses:** 1 Corinthians 6:18-20 **Prayer Point:** show me how to be faithful to my spouse or keep me celibate while I wait on a spouse
- 📖 Day 12 - Thurs, 17 Jan - **Key Verses:** Ephesians 6:4, Colossians 3:21 & Deuteronomy 6:6-9 **Prayer Point:** teach me how to be gentle toward the kids I have authority over or can easily influence
- 📖 Day 13 - Fri, 18 Jan - **Key Verses:** Titus 2:11-14 & 2 Peter 1:3-8 **Prayer Point:** help me to uphold self-control in my mouth, body, and finances
- 📖 Day 14 - Sat, 19 Jan - **Key Verses:** 3 John 1-2 & Isaiah 58:6-9 **Prayer Point:** cause me to prosper in health & break me of every addiction I have (physically, emotionally, mentally, spiritually)
- 📖 Day 15 - Sun, 20 Jan - **Key Verses:** Matthew 28:18-20 **Prayer Point:** use me to lead someone to Christ
- 📖 Day 16 - Mon, 21 Jan - **Key Verses:** Malachi 3:10-12 **Prayer Point:** give me courage to tithe consistently
- 📖 Day 17 - Tues, 22 Jan - **Key Verses:** James 5:13-16 **Prayer Point:** heal those who are ill or injured
- 📖 Day 18 - Wed, 23 Jan - **Key Verses:** Psalm 121 **Prayer Point:** teach me to come to you for every void I have which no human being can fill
- 📖 Day 19 - Thurs, 24 Jan - **Key Verses:** Matthew 25:31-36 **Prayer Point:** teach me to share what I have with others who are less fortunate
- 📖 Day 20 - Fri, 25 Jan - **Key Verse:** Psalm 119:105 **Prayer Point:** remind me to trust your Word not what I see
- 📖 Day 21 - Sat, 26 Jan - **Key Verse:** Philippians 1:6 **Prayer Point:** remind me that everything YOU'VE started, YOU will complete

To join the daily email distribution list for encouragement,
email meoshia.sanders@us.af.mil or john.choi.3@us.af.mil.

Sample Recipes for Daniel Fast:

<http://daniel-fast.com/recipes.html>

<http://www.ultimatedanielfast.com>

<http://www.thechurchlv.com/fasting-recipes>

****A Night of Praise, Prayer of Intercession, & Healing Service will be Friday, 25 January 2013****

Dinner is at 1800 & Service begins at 1900
Call 828-3621 to RSVP NLT 21 January 2013